

Sarah J. de la Motte, MA, ATC

EDUCATION

Virginia Commonwealth University Richmond, VA	PhD	Rehabilitation and Movement Science	Expected August 2008
San Diego State University San Diego, CA	MA	Exercise and Sport Science/Biomechanics	August 2002
University of the Pacific Stockton, CA	BA	Sport Science/Athletic Training, German	May 2000

PROFESSIONAL POSITIONS

Virginia Commonwealth University, Richmond, VA August 2004 – present

- Research Assistant – Sports Medicine Research Laboratory
- Instructor, Medical Terminology – Department of Health and Human Performance

Pacific Athletic & Industrial Rehabilitation, Stockton, CA October 2002 – July 2004

- Certified Athletic Trainer – Orthopedic Physical Therapy Clinic
- Head ATC, St. Mary's High School Football

University of the Pacific, Stockton, CA August 2002 – May 2003

- Intern Certified Athletic Trainer – Sports Medicine
- Head Certified Athletic Trainer Women's Soccer, Men's Volleyball

University of California, San Diego, La Jolla, CA August 2000 – June 2002

- Graduate Assistant Certified Athletic Trainer – Sports Medicine
- Head Certified Athletic Trainer Men's Soccer, Women's Basketball, Track & Field

RESEARCH PROFICIENCIES

- Kinesiological and biomechanical evaluation of human movement, particularly lower extremity, with the use of force plates, EMG, electromagnetic and optical tracking systems, isokinetic, and other devices
- Biostatistical analysis, including meta-analysis, logistic regression, and analysis of variance
- Fundamental knowledge of computer programming for LabVIEW and MatLab

PUBLICATIONS

de la Motte SJ, Arnold BL. 2007. Selected Subject Characteristics Have No Effect on Balance Measures Across Functional Ankle Instability Studies: A Meta-Analysis. Free Communications Program, Poster #29. National Athletic Trainer's Association Annual Meeting and Clinical Symposia, Anaheim, CA, June 27. Journal of Athletic Training, 42, S93.

Arnold BL, **de la Motte SJ**. 2006. Individuals with ankle giving way produce an inversion moment at submaximal torques. Medicine and Science in Sports and Exercise, 38, S86.

de la Motte SJ, Arnold BL. 2006. Individuals with ankle instability have decreased postural sway. Abstract, Southeast Chapter of American College of Sports Medicine Annual Meeting, Charlotte, NC, February 10, 2006.

Arnold BL, **de la Motte SJ**. 2006. Measures of medial and lateral ankle torques are reliable in stable and unstable ankles. Journal of Athletic Training, 41, S29.

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PRESENTATIONS

- National Athletic Trainer's Association Annual Meeting June 2008
Doctoral Student Award
- Poster Presentation: Effect of Proprioceptive Measures on Detecting Functional Ankle Instability: A Meta-Analysis
- National Athletic Trainer's Association Annual Meeting June 2007
- Poster Presentation: Selected Subject Characteristics Have No Effect on Balance Measures Across Functional Ankle Instability Studies: A Meta-Analysis.
- American College of Sports Medicine, Southeast Chapter Annual Meeting February 10, 2006
- Oral Presentation: Individuals with ankle instability have decreased postural sway.

RESEARCH SUPPORT

Lower Extremity Assessment Project: NCAA LEAP

Principal Investigator: James A. Onate, PhD, ATC

Agency: National Institutes of Health R03, NIAMS Small Grant Program for New Investigators

Type: Research Grant Period: 2006-2008 Effort: 20% Direct Costs: \$37,190

Objective: To establish the feasibility and procedures for a large multi-center cluster group study intended to ascertain the risk factors for a variety of lower extremity injuries across multiple universities, specifically acute lateral ankle sprains and anterior cruciate ligament injuries

Effect of Ankle Support on Single Leg Balance in Stable and Unstable Ankles

Principal Investigator: Scott E. Ross, PhD, ATC

Agency: Mid-Atlantic Athletic Trainer's Association District III Research and Grant Committee

Type: Research Grant Period: 2006-2007 Effort: 10% Direct Costs: \$1,000

Objective: To determine whether ankle taping alone, ankle bracing alone, or a combination of both produces differences in single leg balance after a jump land in stable and unstable ankle subjects

Effects of Textured Insoles on Single Leg Balance in of Subjects with Functional Ankle Instability

Principal Investigator: Scott E. Ross, PhD, ATC

Agency: Mid-Atlantic Athletic Trainer's Association District III Research and Grant Committee

Type: Research Grant Period: 2006-2007 Effort: 10% Direct Costs: \$1,000

Objective: To determine if the use of textured insoles in subjects with functional ankle instability produces differences in single leg balance

Cervical Spine Alignment in Supine Lacrosse Players

Principal Investigator: Sarah de la Motte, ATC

Agency: Far West Athletic Trainer's Association

Type: Graduate Student Research Award Period: 2002 Effort: 100% Direct Costs: \$1,000

Objective: To determine the effects of lacrosse protective equipment on supine cervical spine alignment

PROFESSIONAL SERVICE

- National Athletic Trainer's Association Annual Meeting June 2007
- Symposium Moderator
- Mid-Atlantic Athletic Trainer's Association Annual Meeting May 2007
- Symposium Moderator
- National Athletic Trainer's Association Board of Certification November 2000 – April 2007
- Certified Examiner

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ACADEMIC SERVICE

- Virginia Commonwealth University Graduate & Professional Studies Honor Council 2006
 - Executive Board Member
- Virginia Commonwealth University Recreational Sports Facilities Planning Committee 2006
 - Student Representative
- Virginia Commonwealth University, Department Faculty Search Committee 2005
 - Student Member

COMMUNITY SERVICE

- Kappa Alpha Theta Fraternity, Epsilon Psi Chapter, University of Richmond 2006 – present
 - Chapter Advisory Board Member
 - Advisor, Vice President of Membership & Recruitment
- The Giving Heart Thanksgiving Community Dinner November 2007
 - Table Host
- Virginia Commonwealth University Fall 2007
 - Fall Festival Welcoming Committee

ADDITIONAL POSITIONS

- Gold's Gym Group Fitness Instructor October 2007 – present
 - Certified BodyAttack™ Instructor
- International Institute for the Education of Students/Humboldt University, Berlin, Germany Fall 1999
 - International student
- Hotel Villa Röhl, Timmendorfer Strand, Germany May 1999-August 1999
 - Customer service
- Modesto Symphony Youth Orchestra June 1995 – June 1996
 - 1st Trumpet
- Turlock Junior High School and High School Wind Ensemble, Jazz Band August 1990 – May 1996
 - 1st Trumpet

PERSONAL INTERESTS

Long distance running
Sports, particularly soccer (football)
International sport and rehabilitation culture
German and Spanish languages
Travel